## STATE OF CALIFORNIA



## PROCLAMATION by the Governor of the State of California

WHEREAS, breast milk provides the most complete form of nutrition, promotes optimal infant health and cognitive development, and is associated with a lower risk of childhood obesity; and

WHEREAS, breastfeeding also provides benefits to nursing mothers including reducing the risk of breast and ovarian cancers and osteoporosis; and

WHEREAS, recent studies have shown that the health benefits from breastfeeding are directly related to the amount of breast milk consumed by babies; and

WHEREAS, it is recommended that mothers breastfeed exclusively, providing no other liquids or solids, for about the first six months and continue breastfeeding until the infant is at least a year old; and

WHEREAS, California was one of the first states in the country to reduce a major barrier to exclusive breastfeeding by enacting legislation requiring all employers to make a reasonable effort to provide employees adequate break time and private facilities to express breast milk; and

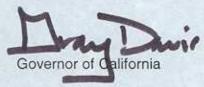
WHEREAS, this year's World Breastfeeding Week theme, Breastfeeding: Healthy Mothers, Healthy Babies, highlights the importance of protecting the health and well-being of both mothers and babies through breastfeeding; and

WHEREAS, during the month of August, government agencies, community organizations and individuals will celebrate Breastfeeding Awareness Month;

NOW, THEREFORE, I, GRAY DAVIS, Governor of the State of California, do hereby proclaim August 2002 as "Breastfeeding Awareness Month."



IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 17th day of July 2002.



ATTEST:

Secretary of State